

## GARUDA PURANAM

that of a she-goat proves curative in blood-dysentery, cough  
bronchitis, asthma and diseases of the deranged Kaphanr.  
Woman's (breast) milk has a saline taste and proves beneficial in hemorrhage and diseases of the eyes.  
Milk-curd is tonic, and aphrodisiac ; it destroys the Vayu and generate the Pittam and Kapham in the system\* Cream, churned out of curdled milk, destroys the Doshas and cleanses the duct; of the body (Sratovishodhanam). Newly made butter cure\*  
lenteric diarrhoea (Grahani), haemorrhoids, and faecal paralysis, while preparations of stale butter are heavy of digestion and beget Keloid tumours and other cutaneous affections. Takram (a kind of whey), whose creamy substance has been removed, subdues the three Doshas and cures lenteric diarrhoea, oedema, haemorrhoids Jaundice, dysentery and effects of any slow poison retained in the system. \*  
Clarified butter ^ Ghritam) is sweet, constructive, nerve-tonic, - anticholeric and phlegmagogic; Ghritam made out of cow-butter improves the intellect and eye-sight, while a properly prepared and medicated Ghritam serves to destroy the three Doshas. -Old Ghritam proves curative in hysteria, insanity, and epileptic fits. Ghritam made out of goat's butter^ or of any other butter should be regarded as possessing identical virtues with that milk. Urine is an antitoxic vermifuge and subdues the deranged Kapham and Vayu.  
Sesame oil is tonic, improves the growth of fair, subdues

the deranged V&yu and Kapham, and proves  
beneficial in  
Jaundice, Ascitis, cutaneous affections,  
haemorrhoids, oedema,  
intestinal glands and urinary complaints,  
Mustard oil is  
anti-corpulent, vermifuginous, and  
phlegmagougic and cures  
Jaundice and the deranged Vyu. Linseed oil  
impairs digestion,  
and destroys the V4yu and Pifctam! Oil expressed  
out of Aksha  
seeds is anti-choleric, and phlegmagoguic, it  
improves the  
growth of hair and softens the skin and the  
eyes. Honey\*  
destroys the three Doshas, and generates V&yu  
in the system,  
\*nd prove\* curative in hic-cough/ bronchitis,  
vomiting, urinary